
**GAGANA TOKELAU NCEA Level 1
Vocabulary List (January 2024)**

The Vocabulary List supports teaching and learning and helps teachers understand the language appropriate at Curriculum Level 6. Language drawn from this Vocabulary List is used to create external assessments and may be used to support teachers when preparing students for internal assessments.

The language in this Vocabulary List reflects the Significant Learning summarised in the Gagana Tokelau NCEA Learning Matrix. At Curriculum Level 6, students will:

- explore language commonly used to express personal information, ideas, and opinions in everyday contexts with reference to events or experiences in the present, as well as the past or future
- engage with and make meaning of a variety of text types, featuring connected sentence and paragraph-level expression and a range of very high frequency vocabulary
- develop one-way communicative skills to express simple information, ideas, and opinions.

Note for internal assessments

The language used by students during internal assessment activities (and associated learning opportunities throughout the year) will reflect the teaching and learning of Gagana Tokelau that takes place within the context of each classroom. Teachers may extend the language they include in teaching and learning programmes to items and expressions beyond this Vocabulary List.

AS 92347 (1.1) Interact in spoken Gagana Tokelau to share and respond to information, ideas, and opinions

AS 92348 (1.2) Communicate in Gagana Tokelau in relation to a cultural context

Note for external assessments

The four sections of this Vocabulary List (Gagana Tokelau to English, English to Gagana Tokelau, Categories, Grammar and Structures, and Expressions and Sample Sentences) contain language that candidates are expected to recognise for the NCEA Level 1 Gagana Tokelau external assessments:

AS 92349 (1.3) Demonstrate understanding of written Gagana Tokelau related to everyday contexts

AS 92350 (1.4) Demonstrate understanding of spoken Gagana Tokelau related to everyday contexts

Notes to teachers

In addition to the listed vocabulary, students are also expected to be able to recognise:

- where a word listed as a noun, verb, adverb or adjective is used to fulfil another grammatical purpose
- some plural forms for verbs and nouns
- obvious cognates and loan words
- basic colours, numbers 1-10, days of the week and months of the year
- structural words, like articles and particles
- names of islands in Tokelau and other common place or country names.

Section 1 – Gagana Tokelau to English

	Gagana Tokelau	English
A	afa	half
	afā	hurricane, cyclone
	afiafi	afternoon
	agai	about, towards, at
	agai	bunch of coconuts
	aganuku	custom(s), tradition(s), culture
	agiagi	onion
	ahiahi	to visit
	aho	day, date
	Ahofalaile	Friday
	Ahofānau	birthday
	Ahogafua	Monday
	Ahohā	Sunday
	Ahohā Paepae	White Sunday
	Ahohā o Tamaiti	White Sunday (Children’s Sunday)
	aho i mua (lumanaki)	future
	Aholua	Tuesday
	Aholulu	Wednesday
	Aho o Mātua	Mother’s Day
	Aho o Tamana	Father’s Day
	Ahonei	today
	Ahotofi	Thursday
	Ahotōnai	Saturday
	ahu	scoop, smoke
	aiha	ice
	aiheā	why
	akau	reef, coral
	akoakoga	education, training, learning
	ākoga	school, college
	alaiha	rice
	alo	to paddle, to row
	alofa	love, affection, kindness
	alofaaga	greetings, gift
	aluga	pillow, cushion
	amanaki	to notice, confident, optimistic
	ananafi	yesterday
	ao	cloud, day
	aoaoa	to be clouded over, cloudy
	aoauli	midday, afternoon
	apa	tin
	Apelila	April
	apu	apple

	ata	photo
	ataata	shadow
	atili	to increase
	auā	because
	auala	road, way, method
	Aukilani	Auckland
	Aukuho	August
	āva	respect, politeness
E	ea	air
	Ēheta	Easter
F	fafagu	to wake
	fafine	woman, female
	fafo	outside
	fagatā	difficult
	fāgota (pl fāgogota)	to catch fish
	fai	to do, to create, to perform, to repair, to bring, to wear (clothes)
	fai	banana fruit, plant
	faiākoga	teacher
	faifaiva	to go fishing, a group of workers
	faiga	method, way
	faiga o te meakai	recipe
	faigāluega	to work, to be employed
	faigofie	easy
	faikākā	lying, dishonest
	faili	to make music
	faimātua, matua hā, tuātina	aunt
	faitatagi	to cry
	faitatala	to speak
	faitamana, tamana, tuātina	uncle
	faitau	to read
	fāitotoka	door
	faiva	pursuit, employment, something somebody regularly does
	fakaali	to show
	fakaaogāga/fakaaogā	to use
	fakafanoga	to spend (time)
	fakafeiloakiga	meeting, welcoming (n)
	fakafetai	thank you
	fakafiafia	to entertain, to celebrate
	fakafita	to stress, burden
	fakafoe	to paddle
	fakahao	to pass
	fakahao	to save, to rescue
	fakaheheke	to surf, to skateboard
	fakihihī	to fish
	fakahino	to show, to demonstrate

fakaifo	to share out
fakailoa	to show, to make something known
fakalelei	to fix, to improve
fakalogo	to pay attention, to listen
fakalua	twice
fakamaga (pl fakamamaga)	to open, to be open
fakamālama	to shine
fakamatala	to explain, to describe
fakamatalaga	explanation, description
fakamautinoa	to make sure, to be certain
fakamoemoe	purpose, expectation, to rely, to expect
fakamolemole	to say please, to request, to apologise
fakamomoli	to send (gift or parcel)
fakamua	communal, belonging to the village
fakanoanoa	sadness
fakapelepele	to be affectionate, to value highly
fakapipiki	to assemble, to moor a boat, to be close to someone (as a friend)
fakatahi	all together, all at once
fakatahiga	meeting, gathering
fakatakitakiga	example, practice
fakatali	to wait
fakatau	shopping, trade
fakatau atu	to sell
fakatau mai	to buy
fakatekia	to be surprised, to be shocked
fakatele (pl fakatetele)	to sail
fakatino	to put into action, to demonstrate
fakatinoga	demonstration, action, activity, event
fakatū	to set up
fakauma	to finish
fakavave	to hurry, to rush
falaoa	flour, bread
fale	house
falē	communal settlement, village, home
falehā	church
falekoloa	shop
falemai	hospital
fāmalama	window
fanake	to come up, to come with
fanatu	to wait (for)
fānau	offspring, children
fano (pl olo)	to go
fātele	action dance/song (traditional)
fatoā	just, recently
fātoaga	garden, plantation

fatu	stone, heart
fehili	question
fehoahoani	help, assistance, favour
fekau	message
fenua	land, country
feololo	to be better
Fepuali	February
fetaui	to meet
fetū	star
fiafia	entertainment, party, interest in, liking for
fiafia	to be happy, to like, to enjoy
fiafiaga	enjoyment
fiainu	thirst
fiakai/mole	hunger
fifili	fish cooked in a coconut leaf
fihiki	Physics (school subject)
fili	enemy, to sort out something
filifili	to choose
filifiliga	choice
fiu	to be bored with
fofou	to want, to love
foki	to return
fokotahi	one (except when counting)
fola	floor, ship deck
fomai	doctor
fono	meeting, council
fonu	sea turtle
fou	new
fua	fruit, egg
fuaefa	to be large, large size
fuāfai	banana
fuafua	to plan, to decide
fuālākau	vegetables, fruit
fuāmoa	egg (chicken's)
fuāulu	breadfruit
fufulu	to wash, to clean
fulū	flu
G gafa	lineage, responsibility
gali (pl gagali)	to be pretty, to be attractive, to be awesome
galo	to be lost
galu	wave
galue (pl gālulue)	to work, to be hardworking
gāluega	work, employment
gaohi	to make, to prepare
gatu	to be old (objects)

	gāugau	to fold, to be disappointed
	gehe	slowly
H	haele	to walk
	hafia	to understand, to know
	haienihi	Science (school subject)
	hakeu/heo	to stir, to mix
	hakili	to search, to look for
	hakiliga	research, study
	hako	correct, right
	haogalēmū	safety
	hatalaga	to do
	hau (pl ōmai)	to come
	hāuni	to get ready, to prepare
	havali (pl hāvalivali)	walk
	hēai	absence, to pass away, no
	hene	cent, money
	Hetema	September
	hēvae	shoes, sandals
	hiaki	to check
	hiaki	to study
	hī (pl hīhī)	to fish with hand line or rod
	hikaki	small fishing rod
	hiki	to lift
	hiva (pl hihiva)	dance (n), to dance
	hohoko	to join, to be connected/next to
	hoka	to poke, to stab, coconut husk
	hoka	soccer
	hua (pl huahua)	juice, liquid, soup, drinking coconut
	huamalie	sweet
	huhu	milk
	huhū	water, wetness, dampness, moisture, humid
	huiga	change, alteration, modification
I	lānuāli (macron optional)	January
	lgilihi	English (language, school subject)
	igoa	name
	ika	fish
	ili	fan (n), to fan, saw (n), to saw
	iloa	knowledge, to know
	lnati	traditional community distribution system, share of inati group
	inu	to drink, to take medicine
	io	yes
	ipu	shell (coconut), dishes
	ipumāfolafola	plate
	ipumālamalama	tumbler, glass
	iputī	teacup

	ita (inoino)	to hate, to dislike
	ita	angry, to be angry with
	itū	side
	itūkāiga	kind, sort
	itluā	hour
	lūlai (macron optional)	July
	lūni (macron optional)	June
K	kāfilo	fishhook
	kai	to eat, to bite, to take bait (fish)
	kaiga	meal, feast
	kāiga	home, family, relative, marriage, spouse
	kāiga	to be related to
	kakai	village, town, city
	kakau	to swim
	kalaga	to shout, to call, shout (n), call (n)
	kāmata/kīmata	to begin, to start
	kapota	cupboard
	kata	laugh (n), to laugh
	katakata	grin, smile
	kātoa	to be complete
	kātoaga	completion
	kau	team
	kaulelei	beautiful
	kaumai	to bring, to pass
	kauneone	sandy beach
	kave	to take, to carry, to give
	kavea	to become
	kehe	to be changed, to be different, to be foreign
	kehe	away, from, off
	kehekehe	to be different from one another
	kelekele	land, blood
	kemihi	Chemistry (school subject)
	kie	clothes, textile material
	kikila	to look, to see, to watch
	kili/paku	skin
	Kilihimahi	Christmas
	kilikiti	cricket
	kitala	guitar
	kitea	to see
	kofe	kofe, bamboo, coffee
	kofu	clothes, to wear
kofutino	shirt	
kofuvae	trousers, pants	
kofuvaepupuku	shorts	
koi	remaining	

	koleni	training
	komipiuta	computer
	kuata	quarter
	kuku	cooking
L	lā	sun
	lagona	feeling, opinion
	lagona	to hear, to feel
	lahi	big, largeness
	lahi	to be many, to be much
	lahiga	most, majority
	lakapī	rugby
	lākau	plant, tree
	lalaga	to weave
	lalolagi	world
	lanu	colour
	lanu hehega/hehega	yellow
	lanu kefukefu/kefukefu	grey
	lanu kenakena/kenakena, kekena	brown
	lanu kukula/kekena	red
	lanu meamata/meamata	green
	lanu moana/moana/lanumoana	blue
	lanu moli/moli	orange (colour)
	lanu paepae/paepae	white
	lanu pīniki/pīniki	pink
	lanu tahi	all one colour
	lanu violē/violē	purple
	laofie	to be fine (day)
	lapihi	rubbish
	lāpotopoto	to be round
	lau	leaf, blade, to read
	lauefa	width, breadth
	lāuga	speech
	laulāvalava	skirt
	laupapa	blackboard, whiteboard
	lava	to be enough
	lavalava	clothes
	lea	to say, to speak, to tell, to ask
	lea faka-Tokelau	to say in Gagana Tokelau
	lele	to fly
	lelei	good, advantage
leva	to take a while, to last a long time	
liligi	to pour	
lima	arm, hand	
loa (pl loloa)	to be long, to be tall	
logo	to hear, to understand, to tell	
lolo	coconut cream/oil	

	loloto	to be deep
	lotoloa	courage
	lotofale	inside
	lotu	service (worship)
	luga	on, onto, above, top
M	mā	embarrassment, to be embarrassed, to be ashamed
	mafai/mafaia	to be able to, can
	māfanafana	to be warm
	māfuaga	cause, source, reason
	mago (pl mamago)	to be dry
	māhani	habit, practice
	māhani	to be familiar with, to be used to doing something
	mahi	biscuits
	māhima	salt
	māhina	moon, month
	makalili	cold (n)
	makeke	to be strong
	makoi	favourite
	mākona (pl mākokona)	enough, to be full
	malaga	journey, travel
	malae lakapī	rugby field
	mālamalama	to understand
	mālie	to be slow, to be funny, nice, to be soft, to be quiet, to be touching
	malie (pl malilie)	satisfaction, to be sweet, to be tasty, to agree, to be satisfied, yummy
	Mālō!	Hello! Well done! Congratulations!
	mālohi	to be well, to be fine (informal)
	mālōlō	rest (n), to rest, to be well/healthy
	mālūlū	to be cold
	mamā	to be clean, neatness
	māmā	lightness (n), to be light
	mamae	to be sore (skin), to be precious to someone
	mamalu	dignity, prestige
	mānaia	beauty, elegance
	manakomia	to be needed, to be required
	manatua	to remember, to recall
	manogi	smell
	manu	animal, bird
	manuia	well-being, happiness
	manuia	to be well, to be fine (formal)
	māopoopo	to be gathered together, to be well organized
	mapu	rest (n), to rest

mata	eye
matāfaga	beach
matafiafia	to smile
matagi	wind
mataku	to be scared
matakupu	subject(s)
mataloa	long
mātamata	to look at, to observe
mate	guess (n), to guess
mate (pl mamate)	to die (animals and plants), to go out (lights, fire)
Māti (macron optional)	March
matua	to be grown-up, to be an adult, to be old (people)
matuā	absolutely, completely
mātua	mother, parents
matuiai	really
maua	to get, to find, to catch
māualalo (pl māualalalo)	to be low
māualuga	height
mautinoa	sure, I'm sure
Mē (macron optional)	May
mea	object, reason, area, some
meaika	piece of fish meat
meakai	food, meal
mealākau	tree, wood
meaola	creature, animal
meapōvi	meat
mimilo	to turn, to change direction
minute	minute
mitiafu	singlet, vest, T-shirt
moa	chicken
moana	deep sea
moe (pl momoe)	sleep (n), to sleep
moega	bed, sleeping place
moega	mat
moli	orange, soap
momoli	to send, to bring
moni	to be true
mōni	to be sincere, to be honest
motu	island, islet, crowd
mū	fire
muamua	to be first, to come first
mulimuli	to come last
mumuni	to hide, to conceal
N nafatia	to be able to do
namo	lagoon

	nenā	nana, grandmother
	netipolo	netball
	nifo	tooth, teeth
	Niu Hila	New Zealand
	nofo (pl nonofo)	to reside, to live, to sit, to stay, stay (n)
	nofoa	seat
	nofoaga	residence, home
	nonoa	to tie up, to bind
	Nōvema (macron optional)	November
	nuanua	rainbow
	nuku	village, villager
	numela	Maths, Mathematics (school subject)
	nūmela	number
O	ogaumu	oven
	oho	to jump
	oioti	just, only
	Oketopa	October
	ola mālōlō	healthy
	olaga	life, existence
	ologa	act of going, departing
	ōnomea	to be beautiful, to be nice
P	pā	to arrive
	pā	fence, wall
	pā	mother of pearl fish lures
	pāhiketi polo	basketball
	paipa	tapa cloth
	pakete	bucket
	palu	to mix
	papa	dad, father, grandfather
	papa	rock (n), to be flat, to be hard
	papālagi	white man, Caucasian
	pati	to clap
	pehe (pl pepehe)	song, to sing
	pēhini	bowl, basin
	peleue	jacket, coat
	penitala	pencil
	pepa	paper, pack (n)
	pepe	baby
	pipiki	to stick, to adhere
	pito	end (n)
	pō	night
	pō	to be dark
	polo	ball
	polokalame	programme, schedule
	popo	ripe coconut, copra
	popo	to ripen (coconut), to be old (objects)

	pōpō (pl tapōpō)	to pat, to tap
	poto	clever, bright
	potu	room, apartment
	potukofu	top
	pū	hole, space, gap
	pui-pui	wall, to defend, to protect, to prevent
	puleākoga	principal
	puli	to forget
	pūlou	hat
T	tā	to hit, to strike
	tā	to build, to play (musical instrument), to wash, to marry and have children
	tāeao	morning, a.m., tomorrow
	tāfao (pl tāfafao)	to play
	tāfaoga	sport, game
	tāfaoga komipiuta	video/computer games
	taga	sack, bag, pocket
	taga (pl tagata)	to be removed (prohibition)
	tagata	man, human, person
	tagi	to cry
	tago	to pick up, to grab
	tai	sea
	taigole (pl taigogole)	to be small
	taimi	time
	taina	brother, sister
	taka	sandals, jandals
	takalo	to play
	tākaloga	sport, game
	takitaki hiva	dance instructor
	taku	to say
	takua	to be remembered, to be known
	takuau	shoulder
	tala	story, news, report
	tālā	dollar
	tali	to answer, answer (n), to reply, reply (n)
	taliga	ear
	talotalo/talohia	hopefully
	tama	boy, student, child
	tamā	small, little
	tamaiti	child, children
	tamaiti ākoga	students
	tamana	father
	tāne	male, man, husband
	tāofi/taofiofi	to stop, to hold back
tapena	to tidy up, to put away, to get ready	
tāpuni/tapuni	to shut, to close, to block off	

tau	to land, to arrive, to hit, to fight, to compete
tau	weather, climate, season
tau	price, cost
taufakalili	to tease
tāua	important
tauagavale/taumatau	left
tauale	illness, sick, to be sick
taugatā	expensive
taugōfie	cheap
tauhaga	year
tauloto	poem, to remember
taumafaiga	effort, attempt (n)
taumalo	male youths, older boys
taumataui	right
tautai	master fisherman, boat captain
tautiti	girl, female
tāvale	car, cart
Tēhema (macron optional)	December
teine	girl
telefoni	telephone
televihe (TV)	television (TV)
tēnihi	tennis
tiale	flower
tino	body, person
tino māopopo	to participate, to meet
tipi	to cut
tītata	kettle
titi	traditional leaf-skirt, to wear a leaf-skirt
titina (pl tatina)	eraser, to switch off, to erase
tofi	status, pastor, priest
tōgiga	uniform (n), to wear a uniform
toho	to pull
toli	to pick (fruit)
tomi	to sample, to taste
tōnai	traditional formal meal, Sunday feast
tonu	decision, resolution
tōtini	socks, stockings
totoe	to remain, to stay
tū (pl tutū)	to stand, (vehicles) to stop, to land, custom(s)
tuafafine	sister (of male)
tuagāne	brother (of female)
tufa	to share, to distribute
tuhi	book (n), letter, to write, to draw
tukituki	to pound (cooking)

	tuku	to put, to leave, to allow, to move (canoe)
	tūlaga	location, condition
	tuli	to chase
	tulou	respectful expression, excuse me
	tununga	cooking
	tupe	money, cash, fund
	tupuna, tupuna tamana, tupuna mātua	grandparent, grandfather, grandmother
	tuputupu ake	grew up (v)
	tupu (pl tutupu)	to happen, to grow, growth
U	ua	rain
	uafu	wharf
	uho	sister, brother, cousin
	uhu	to sing
	uiga	meaning
	uka	fishing-line
	uliuli/lanu uliuli	black
	ulo	pan, pot
	ulu	breadfruit tree
	ulu	leader/chief, head (body part), hair, to enter, to lead
	uma/umaga	to finish
V	vāega	portion
	vahega	class
	vai	water, medicine
	vāiaho	week
	vaivai	tiredness
	vaka	canoe, boat
	valakau	to invite
	vave	speed
	vaveao	early morning (before sunrise)
	vē/vēia	similar, to be the same as
	vefea	how
	vēnā	to be so
	vevela	hot, to be hot
	vili (pl fetuli, fētutuli and taufetuli)	to run, to escape, to telephone

Section 2 – English to Gagana Tokelau

	English	Gagana Tokelau	
A	about	agai	
	absence	hēai	
	absolutely, completely	matuā	
	act of going, departing	ologā	
	action dance/song (traditional)	fātele	
	advantage	lelei	
	afternoon	afiafi	
	to agree	malie (pl malilie)	
	air	ea	
	all one colour	lanu tahi	
	all together, all at once	fakatahi	
	to allow	tuku	
	angry, to be angry with	ita	
	animal	manu	
	answer (n), to answer	tali	
	apartment	potu	
	to apologise	fakamolemole	
	apple	apu	
	April	Apelila	
	area	mea	
	arm, hand	lima	
	to arrive	pā	
	to assemble, to moor a boat	fakapipiki	
	at	agai	
	Auckland	Aukilani	
	August	Aukuho	
	aunt	faimātua, matua hā, tuātina	
	away	kehe	
	B	baby	pepe
		ball	polo
banana		fuāfai	
banana fruit, plant		fai	
basketball		pāhiketi polo	
to be able to do		nafatia	
to be able to, can		mafai/mafaia	
to be affectionate		fakapelepele	
to be allowed		taga (pl tagata)	
to be beautiful, to be nice		ōnomea	
to be better		feololo	
to be bored with		fiu	
to be changed, to be different, to be foreign		kehe	
to be clean		mamā	

to be close to someone (as a friend)	fakapipiki
to be clouded over, cloudy	aoaoa
to be cold	mālūlū
to be complete	kātoa
to be dark	pō
to be deep	loloto
to be different from one another	kehekehe
to be disappointed	gāugau
to be dry	mago (pl mamago)
to be enough	lava
to be familiar with, to be used to doing something	māhani
to be fine (day)	laofie
to be first, to come first	muamua
to be flat, to be hard	papa
to be funny	mālie
to be gathered together, to be well organized	māopoopo
to be grown-up, to be an adult	matua
to be happy, to like, to enjoy	fiafia
to be so	vēnā
to be long, to be tall	loa (pl loloa)
to come last	mulimuli
to be lost	galo
to be low	māualalo (pl māualalalo)
to be many, to be much	lahi
to be needed, to be required	manakomia
to be old (objects)	gatu, popo
to be old (people)	matua
to be pretty, to be attractive, to be awesome	gali (pl gagali)
to be quiet	mālie
to be related to	kāiga
to be remembered, to be known	takua
to be removed (prohibition)	taga (pl tagata)
to be round	lāpotopoto
to be scared	mataku
to be sincere, to be honest	mōni
to be slow	mālie
to be small	taigole (pl taigogole)
to be soft	mālie
to be sore (skin)	mamae
to be strong	makeke
to be touching	mālie
to be true	moni
to be used to doing something	māhani
to be warm	māfanafana

to be well, to be fine (formal)	manuia
to be well, to be fine (informal)	mālohi
beach	matāfaga
beautiful	kaulelei
beauty, elegance	mānaia
because	auā
to become	kavea
bed, sleeping place	moega
to begin, to start	kāmata/kīmata
big, largeness	lahi
bird	tuku
birthday	Ahofānau
biscuits	mahi
to bite, to take bait (fish)	kai
black	uliuli/lanu uliuli
blackboard, whiteboard	laupapa
blue	lanu moana/moana/lanumoana
body, person	tino
book (n)	tuhi
bowl, basin	pēhini
boy, student, child	tama
breadfruit	fuāulu
breadfruit tree	ulu
to bring	fai, momoli
to bring, to pass	kaumai
brother	uho
brother (of female)	tuagāne
brother, sister	taina
brown	lanu kenakena/kenakena, kekena
bucket	pakete
to build	tā
bunch of coconuts	agai
burden	fakafita
to buy	fakatau mai
C call (n), to call	kalaga
canoe, boat	vaka
car, cart	tāvale
to carry	kave
to catch	maua
cause, source, reason	māfuaga
cent, money	hene
change, alteration, modification	huiga
to chase	tuli
cheap	taugōfie
to check	hiaki
Chemistry (school subject)	kemihi

chicken	moa
child, children	tamaiti
choice	filifiliga
to choose	filifili
Christmas	Kilihimahi
church	falehā
to clap	pati
class	vahega
to clean	fufulu
clever, bright	poto
clothes	lavalava
clothes, textile material	kie
clothes, to wear	kofu
cloud, day	ao
coconut cream/oil	lolo
coconut husk	hoka
coconut cream	lolo
cold (n)	makalili
colour	lanu
to come	hau (pl ōmai)
to come up, to come with	fanake
communal settlement, village, home	falē
communal, belonging to the village	fakamua
completion	kātoaga
computer	komipiuta
condition	tūlaga
confident, optimistic	amanaki
cooking	kuku, tunuga
correct, right	hako
courage	lotoloa
cousin	uho
to create	fai
creature, animal	meaola
cricket	kilikiti
crowd	motu
to cry	faitatagi, tagi
culture	aganuku
cupboard	kapota
custom(s)	aganuku, tū (pl tutū)
to cut	tipi
D dad, father, grandfather	papa
dance instructor	takitaki hiva
dance (n), to dance	hiva (pl hihiva)
day, date	aho
December	Tēhema (macron optional)
decision, resolution	tonu

	deep sea	moana	
	to defend	puipui	
	to demonstrate	fakatino	
	demonstration, action, activity, event	fakatinoga	
	to die (animals and plants)	mate (pl mamate)	
	difficult	fagatā	
	dignity, prestige	mamalu	
	dishes	ipu	
	to distribute	tufa	
	to do	fai, hatalaga	
	doctor	fomai	
	dollar	tālā	
	door	fāitotoka	
	to draw	tuhi	
	to drink	inu	
E	ear	taliga	
	early morning (before sunrise)	vaveao	
	Easter	Ēheta	
	easy	faigofie	
	to eat	kai	
	education, training, learning	akoakoga	
	effort, attempt (n)	taumafaiga	
	egg (chicken's)	fuāmoa	
	embarrassment (n), to be embarrassed, to be ashamed	mā	
	end (n)	pito	
	enemy	fili	
	English (language, school subject)	Igilihi	
	enjoyment	fiafiaga	
	enough, to be full	mākona (pl mākokona)	
	to enter	ulu	
	to entertain, to celebrate	fakafiafia	
	entertainment, party	fiafia	
	eraser (n), to erase	titina (pl tatina)	
	example, practice	fakatakitakiga	
	expensive	taugatā	
	to explain, to describe	fakamatala	
	explanation, description	fakamatalaga	
	eye	mata	
	F	family, relative	kāiga
		fan (n), to fan	ili
		father	tamana
		Father's Day	Aho o Tamana
favourite		makoi	
February		Fepuali	
to feel		go	

feeling, opinion	lagona
female	tautiti
fence, wall	pā
to fight, to compete	tau
to finish	fakauma, uma/umaga
fire	mū
fish	ika
to fish	fakahīhi
to catch fish	fāgota (pl fāgogota)
fish cooked in a coconut leaf	fifili
to fish with hand line or rod	hī (pl hīhī)
fishhook	kāfilo
fishing-line	uka
to fix, to improve	fakalelei
floor, ship deck	fola
flour, bread	falaoa
flower	tiale
flu	fulū
to fly	lele
to fold	gāugau
food, meal	meakai
to forget	puli
Friday	Ahofalaile
from	kehe
fruit, egg	fua
fruit	fuālākau
future	aho i mua (lumanaki)
G game	tāfaoga, tākaloga
garden, plantation	fātoaga
to get ready, to prepare	hāuni
to get ready	tapena
to get, to find	maua
girl	teine
to give	kave
to go	fano (pl olo)
to go out (lights, fire)	mate (pl mamate)
group of workers	faifaiva
good	lelei
grandparent, grandfather, grandmother	tupuna, tupuna tamana, tupuna mātua
green	lanu meamata/meamata
greetings, gift	alofaaga
grew up (v)	tuputupu ake
grey	lanu kefukefu/kefukefu
grin, smile	katakata
group of workers	faifaiva

	to grow	tupu (pl tutupu)
	growth	tupu (pl tutupu)
	guess (n), to guess	mate
	guitar	kitala
H	habit, practice	māhani
	hair	ulu
	half	afa
	to happen	tupu (pl tutupu)
	hat	pūlou
	to hate, to dislike	ita (inoino)
	head (body part)	ulu
	healthy	ola mālōlō
	to hear	lagona, logo
	height	māualuga
	Hello! Well done! Congratulations!	Mālō!
	help, assistance, favour	fehoahoani
	to hide, to conceal	mumuni
	to hit	tau
	to hit, to strike	tā
	hole, space, gap	pū
	home	kāiga
	hopefully	talotalo, talohia
	hospital	falemai
	hot, to be hot	vevela
	hour	itulā
	house	fale
	how	vefea
	hunger	fiakai/mole
	hurricane, cyclone	afā
	to hurry, to rush	fakavave
I	ice	aiha
	illness	tauale
	important	tāua
	to increase	atili
	inside	lotofale
	interest in, liking for	fiafia
	to invite	valakau
	island, islet	motu
J	jacket, coat	peleue
	January	lānuali (macron optional)
	to join, to be connected, to be next to	hohoko
	journey	malaga
	juice, liquid, soup, drinking coconut	hua (pl huahua)
	July	lūlai (macron optional)
	to jump	oho
	June	lūni (macron optional)

	just, only	oioti	
	just, recently	fatoā	
K	kettle	tītata	
	kind, sort	itūkāiga	
	to know	hafia	
	knowledge, to know	iloa	
	kofe, bamboo, coffee	kofe	
L	lagoon	namo	
	to land, to arrive	tau	
	land, blood	kelekele	
	land, country	fenua	
	to be large, large size	fuaefa	
	to laugh, laughing	kata	
	leader, chief, to lead	ulu	
	leaf, blade	lau	
	to leave	tuku	
	left	tauagavale/taumatau	
	letter	tuhi	
	life, existence	olaga	
	to lift	hiki	
	lightness (n), to be light	māmā	
	to listen	fakalogo	
	lineage	gafa	
	to live	nofo (pl nonofo)	
	location	tūlaga	
	long	mataloa	
	to look at, to observe	mātamata	
	to look, to see, to watch	kikila	
	love, affection, kindness	alofa	
	to love	fofou	
	lying, dishonest	faikākā	
	M	to make, to prepare	gaohi
		to make music	faili
		to make sure, to be certain	fakamautinoa
male youths, older boys		taumalo	
male, man, husband		tāne	
man, human, person		tagata	
March		Māti (macron optional)	
marriage, spouse		kāiga	
to marry and have children		tā	
master fisherman, boat captain		tautai	
mat		moega	
Mathematics, Maths (school subject)		numela	
May		Mē (macron optional)	
meal, feast		kaiga	
meaning		uiga	

	meat	meapōvi
	medicine	vai
	to meet	fetaui, tino māopopo
	meeting, council	fono
	meeting, gathering	fakatahiga
	meeting, welcoming (n)	fakafeiloakiga
	message	fekau
	method, way	faiga
	midday, afternoon	aoauli
	milk	huhu
	minute	minute
	to mix	palu
	Monday	Ahogafua
	money, cash, fund	tupe
	moon, month	māhina
	morning, a.m., tomorrow	tāeao
	most, majority	lahiga
	mother of pearl fish lures	pā
	mother, parents	mātua
	Mother's Day	Aho o Mātua
	to move (canoe)	tuku
N	name	igoa
	nana, grandmother	nenā
	neatness	mamā
	netball	netipolo
	new	fou
	New Zealand	Niu Hila
	nice	mālie
	night	pō
	no	hēai
	to notice	amanaki
	November	Nōvema (macron optional)
	number	nūmela
O	object	mea
	October	Oketopa
	off	kehe
	offspring, children	fānau
	on, onto, above, top	luga
	one (except when counting)	fokotahi
	onion	agiagi
	to open, to be open	fakamaga (pl fakamamaga)
	orange (colour)	lanu moli/moli
	orange, soap	moli
	outside	fafo
	oven	ogaumu
P	pack	pepa

paddle	fakafoe
to paddle, to row	alo
pan, pot	ulo
paper	pepa
to participate	tino māopopo
to pass	fakahao
to pass away	hēai
pastor, priest	tofi
to pat, to tap	pōpō (pl tapōpō)
to pay attention	fakalogo
pencil	penitala
to perform	fai
photo	ata
Physics (school subject)	fihiki
to pick (fruit)	toli
to pick up, to grab	tago
piece of fish meat	meaika
pillow, cushion	aluga
pink	lanu pīniki/pīniki
to plan, to decide	fuafua
plant, tree	lākau
plate	ipumāfolafola
to play	takalo, tāfao (pl tāfafao)
to play (musical instrument)	tā
poem	tauloto
to poke, to stab	hoka
portion	vāega
to pound (cooking)	tukituki
to pour	liligi
to be precious to someone	mamae
to prevent	puipui
price, cost	tau
principal	puleākoga
programme, schedule	polokalame
to protect	puipui
to pull	toho
purple	lanu violē/violē
purpose, expectation, to rely, to expect	fakamoemoe
pursuit, employment, something somebody regularly does	faiva
to put into action	fakatino
to put	tuku
Q quarter	kuata
question	fehili
R rain	ua
rainbow	nuanua

to read	faitau, lau
really	matuiai
reason	mea
recipe	faiga o te meakai
red	lanu kukula/kekena
reef, coral	akau
to remain	totoe
remaining	koi
to remember	tauloto, manatua
to recall	manatua
to repair	fai
reply (n), to reply	tali
research, study	hakiliga
to reside, to live, to sit, to stay, stay (n)	nofo (pl nonofo)
residence, home	nofoaga
respect, politeness	āva
respectful expression, excuse me	tulou
responsibility	gafa
rest (n), to rest, to be well/healthy	mālōlō
rest (n), to rest	mapu
to return	foki
rice	alaiha
right	taumataui
to ring, to telephone	vili
ripe coconut, copra	popo
to ripen (coconut)	popo
road, way, method	auala
rock (n)	papa
room	potu
rubbish	lapihi
rugby	lakapī
rugby field	malae lakapī
to run, to escape	vili (pl fetuli, fētutuli, taufetuli)
S sack, bag, pocket	taga
sadness	fakanoanoa
safety	haogalēmū
to sail	fakatele (pl fakatele)
salt	māhima
to sample, to taste	tomi
sandals, jandals	taka
sandy beach	kauoneone
satisfaction, to be satisfied	malie (pl malilie)
Saturday	Ahotōnai
to save, to rescue	fakahao
to saw	ili

to say	taku
to say please, to request	fakamolemole
to say in Gagana Tokelau	lea faka-Tokelau
to say, to speak, to tell, to ask	lea
school, college	ākoga
Science (school subject)	haienihi
scoop	ahu
sea	tai
sea turtle	fonu
to search, to look for	hakili
season	tau
seat	nofoa
to see	kitea
to sell	fakatau atu
to send (gift or parcel)	fakamomoli
to send	momoli
September	Hetema
service (worship)	lotu
to set up	fakatū
shadow	ataata
to share	tufa
to share out	fakaifo
shell (coconut)	ipu
to shine	fakamālama
shirt	kofutino
shoes, sandals	hēvae
shop	falekoloa
shopping, trade	fakatau
shorts	kofuvaepupuku
shoulder	takuau
to shout, shout (n)	kalaga
to show	fakaali
to show, to demonstrate	fakahino
to show, to make something known	fakailoa
to shut, to close, to block off	tāpuni/ tapuni
sick, to be sick	tauale
side	itū
similar, to be the same as	vē/vēia
to sing	pehe (pl pepehe), uhu
singlet, vest, T-shirt	mitiafu
sister (of male)	tuafafine
sister	uho
to sit	nofo (pl nonofo)
skin	kili/paku
skirt	laulāvalava
sleep (n), to sleep	moe (pl momoe)

slowly	gehe
small fishing rod	hikaki
small, little	tamā
smell	manogi
to smile	matafiafia
smoke	ahu
soccer	hoka
socks, stockings	tōtini
some	mea
song	pehe
to sort out something	fili
to speak	faitatala
speech	lāuga
speed	vave
to spend (time)	fakafanoga
sport	tāfoga, tākaloga
to stand	tū (pl tutū)
star	fetū
status	tofi
stay (n), to stay	nofo (pl nonofo)
to stay	totoe
to stick, to adhere	pipiki
to stir, to mix	hakeu/heo
stone, heart	fatu
to stop, to hold back	tāofi, taofiofi
to stop, to land (vehicles)	tū (pl tutū)
story, news, report	tala
to stress	fakafita
students	tamaiti ākoga
to study	hiati
subject(s)	matakupu
sun	lā
Sunday	Ahohā
sure, I'm sure	mautinoa
to surf, to skateboard	fakaheheke
to be surprised, to be shocked	fakatekia
sweet	huamalie
to be sweet, to be tasty, yummy	malie (pl malilie)
to swim	kakau
to switch off	titina (pl tatina)
T to take	kave
to take a while, to last a long time	leva
to take medicine	inu
tap	paipa
teacher	faiākoga
teacup	iputī

	team	kau
	to tease	taufakalili
	telephone (n), to telephone	telefoni, vili
	television (TV)	televihe (TV)
	to tell	logo
	tennis	tēnihi
	thank you	fakafetai
	thirst	fiainu
	Thursday	Ahotofi
	to tidy up	tapena
	to tie up, to bind	nonoa
	time	taimi
	tin	apa
	tiredness	vaivai
	to turn, to change direction	mimilo
	today	Ahonei
	tooth, teeth	nifo
	top	potukofu
	toward	agai
	tradition(s)	aganuku
	traditional community distribution system, share of inati group	Inati
	traditional formal meal, Sunday feast	tōnai
	traditional leaf-skirt (n), to wear a leaf-skirt	titi
	training	koleni
	travel	malaga
	tree, wood	mealākau
	trousers, pants	kofuvae
	Tuesday	Aholua
	tumbler, glass	ipumālamalama
	twice	fakalua
U	uncle	faitamana, tamana, tuātina
	to understand	mālamalama, logo, hafia
	uniform (n), to wear a uniform	tōgiga
	to use	fakaaogāga/fakaaogā
V	to value highly	fakapelepele
	vegetables	fuālākau
	video/computer games	tāfaoga komipiuta
	village, town, city	kakai
	village, villager	nuku
	to visit	ahiahi
W	to wait	fakatali
	to wait (for)	fanatu
	to wake	fafagu
	to walk	haele, havali (pl hāvalivali)
	wall (n)	puiptui

	to want	fofou
	to wash	tā, fufulu
	water	vai
	water, wetness, dampness, moisture, humid	huhū
	wave	galu
	to wear (clothes)	fai
	weather	tau
	to weave	lalaga
	Wednesday	Aholulu
	week	vāiaho
	well-being, happiness	manuia
	wharf	uafu
	white	lanu paepae/paepae
	white man, Caucasian	papālagi
	White Sunday	Ahohā Paepae
	White Sunday (Children's Sunday)	Ahohā o Tamaiti
	why	aiheā
	width, breadth	lauefa
	wind	matagi
	window	fāmalama
	woman	fafine
	to work, to be employed	faigāluega
	to work, to be hardworking	galue (pl gālulue)
	work, employment	gāluega
	world	lalolagi
	to write	tuhi
Y	year	tauhaga
	yellow	lanu hehega/hehega
	yes	io
	yesterday	ananafi

Section 3 - Grammar and Structures

Tense Indicators	
na	past tense
nae	indicating a continuous activity
koi	present progressive or continuous tense
kā	future tense, especially the immediate future
kua	perfect tense, referring to a recently completed process or action
e	indicating non-past time. Indefinite present, future

Articles		
	Singular	Plural
Definite	i te = the	ni = some
	Te = The (at start of sentence)	nā= the
Indefinite	he = a	
	tētahi = the other, a certain one	iētahi = the other, some other, some
fātoā = just (time only)		

Huinauna - Pronouns			
	Numela Muamua Singular	Numela Lua Dual	Numela Lahi Plural
Huinauna muamua aofia First person inclusive		Ki tāua We two	Ki tātou We all, including you
		Ki tā You and I	
Huinauna muamua hē aofia First person exclusive	Au I	Ki māua We two, but not you	Ki mātou We all, but not you
	Kita me	Ki mā We two, but not you	
Huinauna lua Second person	Koe you	Koulua You two	Koutou You all
Huinauna tolu Third person	la He, she, him, her	Ki lāua, ki lā They two, them	Ki lātou They, them

Possessive Pronouns (for singular nouns)		
Singular Possessive Pronouns	my	o oku, o kita
		a aku, a kita
	your	o ōu/o koe
		a āu/a koe
	hers/his/its	o ona
		a ana
Dual Possessive Pronoun <i>Inclusive/exclusive of listener</i>	our (2, inc)	o tāua, o tā
	our (2, exc)	a tāua, a tā

	your (2)	o koulua
	their (2)	o lāua, o lā
Plural Possessive Pronoun	our (3+, inc)	o tātou
	our (3+, exc)	a tātou
	your (3+)	o lātou
	their (3+)	a lātou

The use of the demonstrative	
tē	this, that
tēnei	this
nei	this
tēnā	that (near you)
tēia	that (away from both speaker and hearer)
ia	that (away from both speaker and hearer)
iē	these, those
iēnei	these
nei	these
iēnā	those (near the hearer)
iēia	those (away from speaker and hearer)
ia	those (away from speaker and hearer)

Conjunctions	
ka	but
kae	but, and, when
kāfai	if, when, at which time
ke	introduces subordinate clauses, frequently indicating a wish
ma	used to join noun phrases. And, with, also
ona, auā	because
pe	or

Prepositions	
e	by (marks agent of transitive sentence)
ei	there is
ki	to, towards
mā	for
ma	from, away from
mai	from
mo	for
o	of

Section 4 – Categories

Numbers		
0	helo	zero, nothing
1	tahi	one
2	lua	two
3	tolu	three
4	fā	four
5	lima	five
6	ono	six
7	fitu	seven
8	valu	eight
9	iva	nine
10	hefulu	ten
11	hefulu tahi/hefulutahi	eleven
12	lua hefulu/luahefulu	twelve
13	hefulu tolu/hefulutolu	thirteen
14	hefulu fā/hefulufa	fourteen
15	hefulu lima/hefululima	fifteen
16	hefulu ono/hefuluono	sixteen
17	hefulu fitu/hefulufitu	seventeen
18	hefulu valu/hefuluvalu	eighteen
19	hefulu iva/hefuluiva	nineteen
20	lua hefulu/luahefulu	twenty
30	tolu hefulu/toluhefulu	thirty
40	fā hefulu/fāhefulu	forty
50	lima hefulu/limahefulu	fifty
60	ono hefulu	sixty
70	fitu hefulu/fituhefulu	seventy
80	valu hefulu/valuhefulu	eighty
90	iva hefulu/ivahefulu	ninety
100	helau	one hundred
1,000	tahi afe/tahiafe	one thousand
10,000	hefulu afe/hefuluafe	ten thousand
100,000	helau afe/helauafe	one hundred thousand
1,000,000	tahi miliona/miliona	one million

Frequency Expressions		Location words	
aho takitahi	daily	fāfanua	map
ananafi	yesterday	hahae	east
āpō	tonight	hako	vertical

e iku lava	eventually	hihifo, tōata	west
hē māhani	infrequently	holo, tāmilo,	around
heāheā lava	rarely	fakatāmilo	
hēki ... lele	never	i lalo o te kelekele	underground
hō	often	i mua o	in front of
i he taimi	sometimes	i te vā o	between
i iētahi taimi	occasionally	i tua, ki tua	behind
i taimi uma	constantly	i, i loto i	in
i tauhaga takitahi	yearly	i, i luga	on
i vaiaho takitahi	weekly	ki fafo, atu	out, outside
kā hohoko	next	kogāloto	middle
kua fano	yet	lalo	beneath, down, under
kuata takitahi	quarterly	loto	inside
māhani	frequently, generally	luga	above
mahani lava	normally	luga	over, up
mahani, tūmau	regularly	ma	with
mahina takitahi	monthly	mātū	north
nei	now	muamua	first
oi hohoko ai	then	tauagavale/taumatau	left
pō takitahi	nightly	taumataui	right
taki itula	hourly	toe, mulimuli	last
taki tauhaga	annually	toga, haute	south
talū	ever	tuātuhi	address
te aho nei	today	Sequencing words	
toeitiiti	soon	e fakaopopo atu ki ei, e fakaopopo atu	in addition,
Family Members/Relationships		e hē gata i tēnā, e hē gata ki ei	moreover
mātua	mother	e hē gata ki ei, e fakaopopo atu ki ei,	furthermore
tamana	father	fakamatalaga pukupuku, tamā fakamatalaga	to summarise
tama	son (of mother)	foki	also
ataliki	son (of father)	he tahi	another
uho, taina (of male) tuagane (of female)	brother	i te fakaikuga, i te fakaikuga, fakaiku, fakauma	at the end
tuafafine (of male) uho, taina (of female)	sister	i te ikuga, i te fakaikuga, ko te ikuga, auā ko te mea moni	in conclusion
uho, taina	cousin		
mātua	aunt (of mother)		
mātua hā, mate (of female) mātua	aunt (of father)		
tamana	uncle		
tupuna	grandparent		
tupuna mātua	grandmother		
tupuna tamana	grandfather		
tane	husband		
āvaga, tokalua, faletua	wife		
pāga	partner		
Quantifiers		mai, oi, kae	and

matuā	indicating a big variant of concrete objects	mamao atu	further
		muamua	firstly
tamā	indicating a small variant	muamua, anamua, i mua, kae hēki, ka ko hēki	before
matuā	indicating a big variant of concrete objects		
tamā	indicating a small variant	muamua, ko te mea muamua, kae muamua lava	first of all
tamākī	indicating a very small variant	muamua, mua, holomua	first
toe	indicating last, final, or leftover part	mulimuli	afterwards
		mulimuli ake	later
		mulimuli ake	subsequently
		mulimuli, i te fakaikuga, kua oko mai, kua iku, fātoā, kua oko, i te ikuga	at last
		mulimuli, toe	finally
		mulimuli, uma, teka	after
		oko, taunuku	eventually
		toetiiti	soon
		tona lua	second/secondly
		tona tolu	third/thirdly

Nouns			
A	agai	bunch of coconuts	
	aganuku	custom(s), tradition(s), culture	
	agiagi	onion	
	aho	day	
	aitu	(evil) ghost, spirit	
	akau	reef, coral	
	akoakoga	education, training, learning	
	ākoga	school, college	
	alofa	love, affection, kindness	
	aluga	pillow, cushion	
	ao	cloud, day	
	aoauli	midday, afternoon	
	apa	tin	
	apu	apple	
	ataata	shadow	
	auala	road, way, method	
	Aukilani	Auckland	
	E	ea	air
		eletihe	electricity

F	fafine	woman
	faiga	method, way
	faikākā	lying, dishonest
	faiva	pursuit, employment, something somebody regularly does
	fakafetai	thank you
	fakamatalaga	explanation, description
	fakatakitakiga	example, practice
	fakatupega	saving money, allocated budget
	falaoa	flour, bread
	fale	house
	falehā	church
	falekoloa	shop
	fānau	offspring, children
	fatu	stone, heart
	fehili	question
	fehoahoani	help, assistance, favour
	fekau	message
	fetū	star
	fiafiaga	enjoyment
fuaefa	size, large size	
G	galu	wave
	gāluega	work, employment
H	hakiliga	research, study
	haogalēmū	safety
	hikaki	small fishing rod
	hua	juice, liquid, soup, drinking coconut
I	igoa	name
	ika	fish
	iloa	knowledge
	ipu	shell (coconut), dishes
	iputī	teacup
	itū	side
	itūkaigā	kind, sort
K	kāfilo	fishhook
	kaiga	meal, feast
	kāiga	home, family, relative, marriage, spouse
	kakai	village, town, city
	kalaga	shout, call
	katakata	grin, smile
	kātoaga	completion
	kauoneone	sandy beach
	kelekele	land, blood
	kili/paku	skin
	kilikiti	cricket
L	lā	sun

	lahi	largeness	
	lahiga	most, majority	
	lākau	plant, tree	
	lalolagi	world	
	lanu	colour	
	lanumoana	blue	
	lau	leaf, blade	
	lolo	coconut cream/oil	
	lotoloa	courage	
	lotu	service (worship)	
M	māhani	habit, practice	
	māhina	moon, month	
	mānaia	beauty, elegance	
	manogi	smell	
	manu	animal, bird	
	manuia	well-being, happiness	
	mapu	rest	
	mata	eye	
	matāfaga	beach	
	matagi	wind	
	mātua	mother, parents	
	mea	object, reason, area	
	meaika	piece of fish meat	
	meakai	food, meal	
	mealākau	tree, wood	
	meaola	creature, animal	
	moa	chicken	
	moana	deep sea	
	moe	sleep	
	moega	bed, sleeping place	
	moli	orange, soap	
	mū	fire	
	N	nofoa	seat
		nofoaga	residence, home
		nuanua	rainbow
nūmela		number	
O	olaga	life, existence	
	ologa	act of going, departing	
P	pakete	bucket	
	papa	rock	
	pehe	song	
	pepa	paper	
	pepe	baby	
	pito	end	
	pō	night	
polo	ball		

	polokalame	programme, schedule
	popo	ripe coconut, copra
	potu	room, apartment
	pū	hole, space, gap
T	taeao	morning
	tāfaoga	sport, game
	taga	sack, bag, pocket
	tagata	man, person
	tai	sea
	taimi	time
	taina	brother, sister
	taka	sandals, jandals
	takaloga	sport, game
	takuau	shoulder
	tala	story, news, report
	tali	answer, reply
	taliga	ear
	tama	boy, student, child
	tamaiti	child, children
	tamana	father
	tāne	male, man, husband
	tauale	illness, disease
	tauhaga	year
	tauloto	poem
	taumafaiga	effort, attempt
	tautai	master fisherman, boat captain
	tāvale	car, cart
	teine	girl
	tiale	flower
	tino	body, person
	tītata	kettle
	tōnai	traditional formal meal, Sunday feast
	tonu	decision, resolution
	tū	stand, custom
	tuagāne	brother (of female)
	tuhi	book, letter
tuki	pestle, punch	
tūlaga	location, condition	
tupe	money, cash, fund	
tupuna	grandparent	
U	ua	rain
	uafu	wharf
	uka	fishing-line
	uliuli	black
	ulo	pan, pot
V	vāega	portion

vai	water, medicine
vaivai	tiredness
vaka	canoe, boat
vave	speed
vaveao	early morning (before sunrise)

Verbs		
A	alo	to paddle, to row
	amanaki	to notice
	aoaoa	to be clouded over
	atili	to increase
F	fāgota (pl fāgogota)	to catch fish
	fai	to do, to create, to perform, to repair, to bring, to wear (clothes)
	faifaiva	to go fishing
	faigāluega	to work, to be employed
	faitau	to read
	fakaali	to show
	fakaaogāga/fakaaogā	to use
	fakafiafia	to entertain, to celebrate
	fakafoe	to paddle
	fakahao	to pass
	fakahao	to save, to rescue
	fakaheheke	to surf, to skateboard
	fakahino	to show, to demonstrate
	fakailoa	to show, to make something known
	fakalelei	to fix, to improve
	fakalogo	to pay attention, to listen
	fakamaga (pl fakamamaga)	to open, to be open
	fakamālama	to shine
	fakamatala	to explain, to describe
	fakamoemoe	to rely, to expect
	fakamolemole	to say please, to request, to apologise
	fakamomoli	to send (gift or parcel)
	fakapelepele	to be affectionate, to value highly
	fakapipiki	to assemble, to moor a boat, to be close to someone (as a friend)
	fakatali	to wait
	fakatau atu	to sell
	fakatau mai	to buy
fakatekia	to be surprised, to be shocked	
fakatele (pl fakatetele)	to sail	
fakatino	to put into action, to demonstrate	

	fakatū	to set up, to establish
	fakauma	to finish
	fakavave	to hurry, to rush
	fanake	to come up, to come with
	fano (pl olo)	to go
	feololo	to be better
	fetaui	to meet
	fiafia	to be happy, to like, to enjoy
	fili	to sort out something
	filifili	to choose
	fiu	to be bored with
	fofou	to want, to love
	foki	to return
	fuaefa	to be large
	fuafua	to plan, decide
G	gali (pl gagali)	to be pretty, to be attractive, to be awesome
	galo	to be lost
	galue (pl gālulue)	to work, to be hardworking
	gaohi	to make, to prepare
	gatu	to be old (objects)
	gāugau	to fold, to be disappointed
H	haele	to walk
	hakeu/heo	to stir, to mix
	hakili	to search, to look for
	hau (pl ōmai)	to come
	hāuni	to get ready, to prepare
	havali (pl hāvalivali)	to walk
	hēai	to pass away
	hiva	to dance
	hohoko	to join, to be connected, to be next to
	hoka	to poke, to stab
I	ili	to fan, to saw
	iloa	to know
	inu	to drink, to take medicine
	ita (inoino)	to hate, to dislike
K	kai	to eat, to bite, to take bait (fish)
	kāiga	to be related to
	kakau	to swim
	kalaga	to call, to shout
	kāmata/kīmata	to begin, to start
	kātoa	to be complete
	kaumai	to bring, to pass
	kave	to take, to carry, to give
	kehe	to be changed, to be different, to be foreign
	kehekehe	to be different from one another
	kikila	to look, to see, to watch

	kitea	to see
	kofu	to wear
L	lagona	to hear, to feel
	lahi	to be many, to be much
	lalaga	to weave
	laofie	to be fine (day)
	lāpotopoto	to be round
	lau	to read
	lava	to be enough
	lea	to say, to speak, to tell, to ask
	lele	to fly
	liligi	to pour
	loa (pl loloa)	to be long, to be tall
	logo	to hear, to understand, to tell
	loloto	to be deep
	M	mā
mafai/mafaia		to be able to, can
māfanafana		to be warm
mago (pl mamago)		to be dry
māhani		to be familiar with, to be used to doing something
makeke		to be strong
mākona (pl mākokona)		to be full
mālamalama		to understand
mālie		to be slow, funny, soft, quiet, touching
malie (pl malilie)		to be sweet, to be tasty, to agree, to be satisfied
mālohi		to be well, fine (informal)
mālōlō		to rest, to be well/healthy
mālūlū		to be cold
mamā		to be clean
māmā		to be light
mamae		to be sore (skin), to be precious to someone
manakomia		to be needed, to be required
manuia		to be well, to be fine (formal)
māopoopo		to be gathered together, to be well organized
mapu		to rest
matafiafia		to smile
mataku		to be scared
mātamata		to look at, observe
mate		to guess
mate (pl mamate)		to die (animals and plants), to go out (lights, fire)
matua		to be grown-up, to be an adult, to be old (people)
maua		to get, to find, to catch

	māualalo (pl māualalalo)	to be low
	mimilo	to turn, to change direction
	moe (pl momoe)	to sleep
	momoli	to send, to bring
	moni	to be true
	mōni	to be sincere, to be honest
	muamua	to be first, to come first
	mulimuli	to come last
N	mumuni	to hide, to conceal
	nafatia	to be able to do
	nofo (pl nonofo)	to reside, to live, to sit, to stay
O	nonoa	to tie up, to bind
	oho	to jump
P	ōnomea	to be beautiful, to be nice
	pā	to arrive
	palu	to mix
	papa	to be flat, to be hard
	pati	to clap
	pehe (pl pepehe)	to sing
	pipiki	to stick, to adhere
	pō	to be dark
	popo	to ripen (coconut), to be old (objects)
	pōpō (pl tapōpō)	to pat, to tap
	puipui	to defend, to protect, to prevent
T	puli	to forget
	tā	to hit, to strike
	tā	to build
	tā	to play (musical instrument)
	tā	to marry and have children
	tā	to wash
	tāfao (pl tāfafao)	to play
	taga (pl tagata)	to be removed (prohibition)
	tagi	to cry
	taigole (pl taigogole)	to be small
	takalo	to play
	taku	to say
	takua	to be remembered, to be known
	tali	to answer, to reply
	tāofi	to stop, to hold back
	tapena	to tidy up, to put away, to get ready
	tāpuni/ tapuni	to shut, to close, to block off
	tau	to land, to arrive, to hit, to fight, to compete
	tauale	to be sick
	tauloto	to remember
	tino māopopo	to participate, to meet
	tipi	to cut

	titi	to wear a leaf-skirt
	titina (pl tatina)	to switch off, to erase
	tōgiga	to wear a uniform
	toho	to pull
	toli	to pick (fruit)
	tomi	to sample, to taste
	tū (pl tutū)	to stand, (vehicles) to stop, to land
	tufa	to distribute, to share
	tuhi	to write, to draw
	tuku	to put, to leave, to allow, to move (canoe)
	tuli	to pursue, to chase
	tuputupu ake	grew up (v)
U	tupu (pl tutupu)	to grow, to happen
	ulu	to enter, to lead
V	uma/umaga	to finish
	valakau	to invite
	vē/vēia	to be the same as
	vēnā	to be so
	vevela	to be hot
	vili (pl fetuli, fētutuli and taufetuli)	to run, to escape, to telephone

Adjectives	
amanaki	confident, optimistic
aoaoa	cloudy
faikākā	lying, dishonest
fakamaga (pl fakamamaga)	open
fakatekia	surprised, shocked
fou	new
kāiga	related to
lahi	big
lanu hehega/hehega	yellow
lanu kefukefu/kefukefu	grey
lanu kenakena/ kenakena, kekena	brown
lanu kukula/kekena	red
lanu meamata/meamata	green
lanu moana/moana/ lanumoana	blue
lanu moli/moli	orange (colour)
lanu paepae/paepae	white
lanu pīniki/pīniki	pink
lanu tahi	all one colour
lanu violē/violē	purple
lelei	good
makalili	cold
makoi	favourite

ola mālōlō	healthy
puleākoga	principal
tamā	small, little
tāua	important
tauagavale	left
tauale	sick
taugatā	expensive
taugōfie	cheap
taumatau	right
uliuli/lanu uliuli	black
vevela	hot